Chichester HERALD

Friday 25th April 2014
YOUR FREE WEEKLY NEWSPAPER
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TOMMY BOYD
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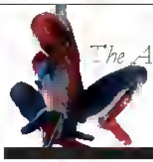

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Man drives car at club

>> *Emsworth Sailing Club catches fire after car crash*

Susanna Rust
NEWS@CHICHESTERHERALD.CO.UK

AN 82-YEAR-OLD MAN has been arrested after a sailing club caught fire when a car crashed into the building.

The car crashed into Emsworth Sailing Club in Bath Road at 6.36am on Tuesday morning.

Eyewitness claim the car was driven straight towards the club at around 70mph before hitting the front wall of the building, causing a loud explosion. The man is known locally and is said to be a former Royal Navy captain who is a member of the sailing club.

About 35 firefighters from Hampshire Fire and Rescue Service tackled the blaze. Witnesses reported seeing an explosion, flames and dense smoke.

The club said it was saddened by the incident and it would remain closed for the rest of the week.

It appealed to all members to "stay away from the club at this time".

Hampshire Police said the man was arrested on suspicion of arson with intent to endanger life.

Hampshire Fire and Rescue Service said a man, who was out of the car when crews arrived, was treated by paramedics.

Hampshire Fire and Rescue Service said the building was 30% damaged.

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Eyewitness posted this picture on twitter as club goes up in smoke

MORE HEADLINES >>

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Emsworth Sailing Club catches fire after car crash

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In a statement, the service said the car was completely destroyed in the blaze, while the club was "approximately 30% damaged"

Last year the club underwent a £350,000 redevelopment and was officially opened by Paralympic sailing gold medallist Helena Lucas.

On Twitter, Sarah Jane Walker said: "Explosion at sailing club 6.45 Emsworth.

"Huge ball of fire, black smoke. Family safe, but hope everyone else is too."

Bianca Jayne-Carr also saw the blaze and tweeted: "Woke up to yelling this morning after a car crashed into Emsworth Sailing Club.

"Big explosion and the place is in flames. Crazy morning."

According to the club's website, it has approximately 1,800 members.

It was originally a sea-bathing establishment, which was set up in about 1800. It led to the Emsworth Sailing Club being founded by a small group of enthusiasts in 1919.

The club has said it is one of the oldest water activity clubs in the country.

Eyewitness, Sarah Jane Walker posted this picture on Twitter after the crash

Hospital gets high praise for weekend work

A CHICHESTER hospital has received high praise for its care at weekends.

St Richard's Hospital, run by Western Sussex Hospitals NHS Foundation Trust, has been highly commended by the healthcare information company Dr Foster.

The praise centred on good decision-making by staff and good co-operation between the hospital's clinical teams based on the fact that services are limited at weekends compared to midweek.

The hospital also had a significant drop in the number of patients needing to be readmitted to hospital within 28 days of discharge, after they were initially admitted at a weekend.

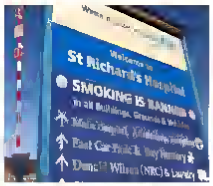
Marianne Griffiths, chief executive of Western Sussex Hospitals NHS Trust, said: "We are only one of 12 Trusts to receive this award, and it is very good news."

She added: "It is essential for our patients that we reduce the chances of them being readmitted to hospital. We are working closely with our partners to do just that – we are going in the right direction but we are not there yet.

"There are still times where it is difficult for us to provide the services at the weekend that we would like to, but we will focus on that relentlessly to get it right for our patients."

Dr Foster chief executive Tim Baker said: "It is so important for communities to have a great service, not just Monday to Friday but at the weekend as well."

Alongside St Richard's Hospital, the trust also looks after Worthing Hospital.



Horror as body discovered

MYSTERY surrounds the discovery of a man's body which has been found in a skip at a company based in Ford.

The body was found just before 9am on Tuesday at the Rudford industrial estate in Ford near Arundel.

His death is being treated as unexplained and detectives are investigating the circumstances.

The body was discovered at a private company where skips are brought in, emptied and sorted. It was during that process that workers spotted him.

Police confirmed the body is of a white man, believed to be in his 20s. Eyewitnesses described the body as 'covered in sheets with cable ties'.

South Coast Skips posted on Twitter just after 6pm on Tuesday: "South Coast Skips Ltd can confirm that a body was discovered at approximately 8.40am this morning at our yard on the Rudford Ind Estate.

"At this stage we believe that the body was tipped at our site by a dustcart that was operated by a separate company.

"We are unable to comment further as there is an on-going investigation being led by the Sussex Major Crime Team.

"The management team and all of the employees of South Coast Skips Ltd would like to pass on our condolences to family of the deceased."

The body was removed just before 4pm on Tuesday. A post mortem examination was due to be held on Wednesday (23 April).

Anorak Corner

Interesting snippets of information about Chichester

Both Duran Duran and Depeche Mode performed live on the Chichester Festival Theatre stage in 1981

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Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@georgesilk
I have found my dream house in chichester. If I had a million pounds I would pay the occupiers to leave so I can have it!

@beckstanrobson
Next gig Chichester Inn - haunted by a Roman soldier - this Saturday @Jon_Kershaw & I wish our supernatural ballads & Celtic fusion music

@IsabelAshdown
Lovely head-clearing walk up over Sussex tonight - misty views of Chichester and beyond. Buzzards & lambs aplenty :) pic.twitter.com/fBwjtU5sH

@AussieGrit
At Goodwood today driving 918....And can confirm it definitely moves #veryveryquick#andstopsmo @Porsche pic.twitter.com/BmJo4VmRf

@HollySeward
Not many universities dish out dissertation marks on post it notes... Chichester does.

@alexandrakate10
designing a house in west wittering tomorrow

@JoshieBailey95
Why is the East side of West Wittering called East West Wittering? Why not just call it East Wittering...

@LashingsWorldXI
Who's heading to our match @ selseyce on June 8th? Tickets on sale now so get involved before it's too late!

@LottieDean
So today we are off to Selsey where my Mum & Dad had a house for a long time...many fond memories. Today fish and chips on the beach :)

@mollielittleboy
why does felpham village have two bathroom shops #latenightquestions

There are one or two places where customer services leave a bit to be desired...

SHOPPING IN CHICHESTER
There was a survey out this week that reported a 10 per cent drop in 'footfall' across the UK over most days of Easter compared to last year. Footfall as I understand it, is not to be confused with revenue. It's just the number of people walking about. Or is it the number of people walking about inside the shop? I remember a rude owner talking loudly to the staff in a now defunct shop which used to be in North St about "time-wasters", by which I deduced he meant shoppers who deemed the goods for sale were either rubbish or overpriced. Or maybe they didn't like the staff.

CUSTOHER SERVICES
Generally people are pretty polite round here but there are one or two places where customer services leave a bit to be desired. The B&Q in Bognor has stunningly helpful knowledgeable staff. Then again there are more than a few duff customers. A friend who has a picture framing business in Worthing tells of a man who came in asking for guinea pig food. And I know someone who works behind a counter who is so nice people come in to chat to him. Often for over an hour.

SHAHPOO
I got chatting to a man on the hill overlooking Goodwood, he was in shampoo. He told me there's no difference between all the different types. We suspected! didn't we?

WEEKLY SHOP
The biggest supermarket run can be a real pleasure - each of our supermarkets round here have something unique about them. However we had a prang in a supermarket car park this week. My wife who was driving, was smashed into by an elderly lady. My wife was more worried about the lady who was very shaken than our car. And now she says it'll be a while before she can use that supermarket again.

SPELLING
ATV ad comes on for automatic blinds. They flash up on screen "Chord-free for added child safety". The firm are French.

CONCORDE
We miss Concorde don't we? You can't have too many breath-taking things. There was a 100mph steam engine once called the 'Flying Scot' that was breath-taking. DeLorean cars. Apollo rockets. Marylin Monroe.

BRANDY HOLE COPSE
If you don't know where Brandy Hole Copse is, it's off Brandy Hole Lane which is opposite where the entrance to the barracks used to be. On the noticeboard there it says the site goes back to the Iron Age with earthworks that took an estimated one and a half million man hours to dig. That's 150 men two years by my reckoning. I wonder if it was the same firm that's been re building the Theatre!

PEACE
In the middle of Brandy hole Copse are five huge concrete blocks, and several concrete pyramids described as anti tank and glider defences. They remind you how lucky we are.

TOPTIP
When queuing for a train ticket never get in the same queue as a young person with one of those five foot rucksacks. They are always going to Tokyo and wanting an off-peak student discount via Oslo.

SLEEPERTRAINS
They're talking about trains that will get you to Manchester in an hour and a bit. If I was going to Manchester I'd far rather take a sleeper train but they don't do them anymore.

JOKE
A Bob Monkhouse one "I spilt some stain remover on my sleeve. How do you get that out!"

Contact Tommy: ✉ *tommy.boyd@chichesterherald.co.uk*
Follow Tommy on *@TheTommyBoyd*

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Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "Whilst a couple were having a coffee in Nhs they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

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Chichester Information Shop for young people is open for business

CHICHESTER INFORMATION SHOP recently relaunched its service offering help, information, advice and counselling to young people from newly refurbished premises.

Chichester Information Shop is located at 34a Little London and is easily reached from the town centre shopping area. It is a completely free and independent service, aimed at 13 to 25 year olds, available on a drop in basis on Tuesday, Wednesday and Friday from 1.00 till 5.00. Funding for youth services has been severely cut leaving many youngsters without formal support. Chichester Information Shop provides this support for the issues which are important to them, in a relaxed, non judgemental no blame environment.

Chichester Information Shop is an independent registered charity supporting the needs and improving the wellbeing of young people. They do this by:

Encouraging young people to seek help when they find it difficult to speak to friends, teachers and family.

Listening to and caring about the issues that are important and personal to them.

Creating a welcoming 'no blame' environment, delivering support in a friendly non judgemental way.

Giving information and advice to help them resolve the issues affecting their lives.

Providing free and confidential counselling.

Providing practical support and advice resolving everyday issues.

Young people face many challenges in their life and development, some are unable to cope and don't have support networks they can rely on for help. Chichester Information Shop provides SOMEONE TO TURN TO when individuals are unable to cope with the personal issues which are important in their lives. Early intervention by skilled and knowledgeable helpers can relieve feelings of isolation, prevent problems spiralling, alleviate stress and prevent possible situations which may blight their lives.

On a day to day basis Chichester Information Shop will encounter young people enquiring about sexual health, legal advice, equality issues, homelessness or other housing needs, money matters (including debt), relationships, bullying, health, education, work and training opportunities. In most cases individuals can be helped with help and guidance to find their own solutions. Some more serious issues require counselling which is offered after an assessment by a fully qualified worker.

It is our aim to enable young people to become fully participative members of the community and active independent citizens.

For more information contact, chiinfoshop@gmail.com or Tel 01243 830093 during normal opening hours.

Crack the Easter egg waste problem

AS EVERY SUPERMARKET in West Sussex fills its shelves with hordes of chocolate eggs, people are being asked to do their bit to prevent waste at Easter.

80 million eggs are sold across the UK each year, which means thousands of tons of wasted cardboard and foil wrappers.

Now West Sussex County Council is urging people to consider choosing ones with less packaging.

Eggs without a plastic box are even better as currently only plastic bottles can be recycled at the county's award-winning Materials Recycling Facility.

County Council Cabinet Member for Resident Services, Lionel Barnard, said: "Easter is a fun family time, but with so much waste from Easter eggs we must remember to recycle the packaging. We all love the eggs, we just don't love what ends up in landfill, so much of which can be avoided."

So when you've scoffed the lot and are surrounded by empty boxes flatten the cardboard, roll the foil into balls – making sure it's all clean, dry and loose – and pop them in your recycling bin.

Last year alone West Sussex residents recycled 40 tons of foil, which, if laid out flat that could reach from the top of Great Britain to the bottom 47 times.

For more information on recycling see www.recycleforwestsussex.org

Making life easier for people who have experienced a bereavement

A NEW service to make life easier for residents who have experienced a bereavement has been launched by West Sussex County Council's Registration Service.

Called 'Tell West Sussex' it means residents in future will only need to make one contact with the registration service. The service will then ensure that certain, key departments within the County Council are informed that a death has occurred.

Until now when a person dies the next of kin have had to make separate contacts with individual council services such as libraries, adult social care, and blue disability badges. Many have found this to be both time consuming and stressful.

It is hoped that this service will soon be extended to the full Department of Work and Pensions 'Tell Us Once' service. This will include notifying government services such as the Passport Agency and the DVLA. In the meantime the Registrar will ensure that anyone registering a death will have all the information they need to enable them to advise the relevant government agencies.

Lionel Barnard, West Sussex County Council's Cabinet Member for Residents' Services, said: "We hope that this new service will help people at a difficult time. It means there will be one less thing for them to worry about.

"It is clearly better and more efficient to make just one contact with the County Council rather than having to deal several different services."

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Eight of nine courier scam attempts foiled in one day

SUSSEX Police are reminding residents, especially the elderly and anyone living alone, not to be taken in by a current trend of phone callers posing as police officers or bank staff and asking for bank and card details and for access to the cards.

On Wednesday 16 April there were nine attempts in Sussex, but in only one was any money obtained.

Calls were made to four residents in Bognor and five further along the coast in Brighton. In eight cases the residents became suspicious and did not part with any information or money.

In one case a woman gave her bank and card details and handed her cards over to a courier at the door, together £200 cash - but police were then informed and the cards were cancelled before they could be used.

There had been a recent rise in this crime across the force area, and elsewhere in the country, although the trend has slackened recently.

And more and more residents are not being fooled.

The fraudsters call the intended victim claiming to be from either the police or a Bank. They tell them that their card details have been fraudulently used and that they need to act urgently to protect themselves. They suggest that they hang up and ring the bank or police back to ensure that the call is genuine.

Don't be fooled - they stay on the line and pretend to be the police or the bank. They then tell the intended victim to key in or read out their PIN number.

They will then send a taxi or courier, who may know nothing about the crime, to collect the bank card. With this and the PIN they will then have full access to spend your money.

Detective Inspector Jim McKnight said: "Under no circumstances would the police or your bank request your pin number over the telephone or arrange collection of your bank cards from your home address in this manner.

"It is good that many people are already heeding our advice and we urge anyone hearing about this scam to pass it the message on to any friends and relatives who may not be aware of this particular type of targeted fraud, to prevent any vulnerable friends or family members from becoming victims."

Transformation of health and social care services on agenda

THE IMPLEMENTATION of plans to transform local health and social care services were on the agenda for yesterday's meeting of the West Sussex Health and Wellbeing Board.

The Board looked at how these plans, which aim to ensure services are joined up and designed around the needs of local people, will be delivered.

A key part of these plans involve explaining to residents and those working within the services how these changes will affect them.

The aim is for local services to concentrate on providing people with the right care, in the right place, at the right time and care that is planned and tailored to a person's individual needs.

The Board met yesterday (Thursday, April 24, at 2.15pm) at County Hall, Chichester.

Plans have been submitted by West Sussex County Council and the three West Sussex Clinical Commissioning Groups to NHS England for the transformation of health and social care services. The Health and Wellbeing Board will be updated on how these plans will be translated into action, what work is underway to prepare for 2015 how local residents and communities will be involved.

The submission to NHS England covers the NHS support for social care funding in West Sussex from 2014/2015 and the new single, shared budget between the NHS and County Council called the Better Care Fund, designed to underpin closer working between the two services from 2015/2016.

The County Council and Clinical Commissioning Groups are working together to ensure health and social care is supported and that local services are focused on providing people with the right care in the right place, at the right time, care that is planned and tailored to a person's individual needs, and that is delivered in partnership to the highest possible standards.

Chairman of the Board Christine Field said: "The next few years will see enormous changes in how services are delivered to people in West Sussex with the emphasis on care being more closely coordinated between health and social care.

"It is important that people understand why and how services need to change and have confidence that the NHS and local councils are working closely together through the Health and Wellbeing Board to make sure services meet local needs in these challenging times."

To find out more and to see the agenda, visit the Health and Wellbeing Board web pages on the West Sussex County Council website at www.westsussex.gov.uk.

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Johnson swaps music for tarmac

AC/DC FRONTMAN Brian Johnson took to the tracks at Goodwood to promote his new show Cars that Rock with Brian Johnson which airs on Quest TV (Freeview 38, Sky 167, Virgin Media 172) from Thursday 8th May 2014.

Brian was joined by a select group to preview the new series and test drive out some of the exhilarating cars from the show, which included a Lamborghini Gallardo, Jaguar E type, AC Cobra, Ferrari 360 and 1973 Porsche 911 RS.

What's more Brian also brought some of his much loved racing cars along on the day and to test out on the track, including his beloved 1968 Mini Cooper which he brought after falling in love with the iconic car during filming of the new series.

When Brian Johnson is not touring, writing or recording for the band, the charismatic front man indulges his passion for all things automotive. In his opinion, fast cars and rock 'n' roll were made for each other – and made for him. Johnson will be sharing his passion for burning rubber with the rest of the world when his brand new, six part series Cars That Rock With Brian Johnson comes to Quest in a series premiere this summer.

In the exhilarating new series Johnson, with his colourful sense of humour, delves into the rich heritage and, of course, gets behind the wheels of the most iconic cars in history. From the sleek Porsche, illustrious Bugatti, infamous Lamborghini and iconic Ferrari to the classic Mini, stately Rolls Royce and luxurious Bentley, Johnson explores their fascinating histories. From big screen appearances in blockbuster films, to some very famous owners, Johnson visits the factories and meets the makers of these fine motoring stallions.

The AC/DC frontman is a notorious thrill seeker, competing in vintage car races all over the globe, including world famous Daytona International Speedway in Florida. In the series, Johnson gets to indulge his passion for speed as he is let loose around some of the world's best speedways and race tracks, with the most talented test drivers and racers to ever get behind the wheel.

During the filming of the series, Johnson fell in love with all the cars, but had a soft spot one in particular. Johnson purchased a glorious 1968 Mini Cooper after competing in the Masters Historic Racing Festival at Brands Hatch. Although a veteran petrol head, Johnson had never raced a Mini before. He now owns the one from the show, sharing the world's enduring love for this truly iconic car.

Cars that Rock with Brian Johnson airs on Thursdays at 9pm on Quest from 8th May 2014 (Freeview 38, Sky 167, Virgin Media 172).

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Easter success at Aldingbourne

Jessica Clowing with Daniel the Owl

THE EASTER HOLIDAYS were a fun packed two weeks for local charity Aldingbourne Trust. The charity's main site – the Aldingbourne Country Centre off the A27 near Fontwell, was a hub of activity with a range of events for all the family.

The charity enjoyed great success with falconry displays by Hawking About, a dog show with their neighbours Mount Noddy, an Emergency Services Day and the more traditional Easter Egg Hunt and Easter Bonnet Parade. Visitors were thrilled to see Peppa Pig up close on Saturday 12 April, some of her fans even got to see her three times. One delighted parent commented "It has been brilliant, my children have been able to see and meet Peppa Pig without having to queue for ages. They are flying high with excitement!"

Other popular events proved to be seeing animals up close – lambs, Owls 4U and Finnegan's Huskies were a huge hit, their laid back nature and willingness to be held and stroked delighted the crowds. One visitor said of the huskies "They were so lovely and friendly, just adorable".) The Easter weekend was also busy with a Fun Fair on the Saturday and a Go-Kart Party on the Bank Holiday Monday providing a range of activities for all ages.

The charity was extremely grateful for the support it received from the public for the Easter Holiday events. Jen Sears, Events Co-ordinator commented "These two weeks of holiday activities have been the first of their kind for the Aldingbourne Trust, and they have been a great success for us. It has been great to see the Country Centre full of visitors, the adults with learning disabilities who work and train here at the Centre have been thrilled to see it so busy. We would like to thank everyone who came to the events and supported the charity by doing so. Aldingbourne is also very grateful to the organisations and individuals who provided attractions for the events. We hope the last two weeks have been fun for all the families who visited us, and we greatly appreciate the success we have had and the opportunity to raise awareness about the charity."

The events team is currently busy preparing for May Half Term activities – Survival Days with Forest Knights, a *Wyoming Wild Bunch* Wild West re-enactment weekend, Go-Kart Party and Fun Fair. Aldingbourne Trust looks forward to welcoming people back for these events at the Aldingbourne Country Centre.

The Aldingbourne Trust is a West Sussex charity that supports adults with learning disabilities to live independently, develop their skills and seek potential employment. The money raised from the Easter Holiday activities and any products bought at the Country Centre goes back into the charity to support these adults.

the team at Aldingbourne have a picture with Peppa Pig

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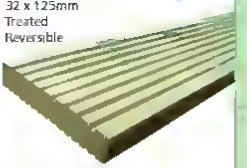

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Does my bum look big with this leaking silicone?

Allis Moss

On the Case

I see I am in the same upper age range as women in Venezuela, where 30 per cent are filling their buttocks with liquid silicone. And your point? My point is the syringe delivering the silicone by injection to these 18-50 year olds rather than implants contained in a protective gel, because it's cheaper. The practice was banned there two years ago but is still thriving, since a single injection costs less than the equivalent of 200 quid and takes a third of the time than it does to get your roots done.

If you know where to go, you could get your buttocks beefed up in your lunch hour, in between the Panam and bobbling back to the office. Not that you will ever hear someone shouting out 'I'm just nipping out for a quick buttock injection,' because even in Venezuela, a country that prides itself on winning beauty pageants, no one really wants to let on that they weren't born with the bottom they are wiggling to the world.

Of course women aren't the only ones. Men in the South American country are also reaching for the liquid silicone cookie jar, to boost flagging pectoral muscles. But the tragedy is that the silicone can often migrate, causing pain and disfigurement in some cases, proving fatal in others. One woman has started a campaign against the backroom practice after her silicone injections leaked, compromising her immune system and she developed leukaemia.

Dyson

Personally, I don't have a problem with people wanting to enhance their looks if that's what they really want to do, or if they want to try and hold back the hand of time, but I do worry that here, too, it's becoming automatic to think you can just wave a magic wand and fix any problem with the swish of a plastic surgeon's knife. I worry that teenagers who haven't got used to their own skins or found their feet as adults resort too quickly to so-called corrective procedures. Sometimes it feels like we're back in the culture of the 1950s when, as the author Marilyn French wrote, you had to look like Marilyn Monroe while pushing the hoover around. Now we are a pair of giant buttocks pushing a battery charged Dyson.

Time-travelling law professor says "I'll 'ave you Butler!"

When the UN Special Rapporteur Rashida Manjoo visited this month, the law professor said she was afraid that sexual bullying and harassment in British schools had become 'routine', with the media to blame for "negative and over-sexualised portrayals of women."

At least one male journalist, writing in the Telegraph, immediately went on the warpath, declaring the prof must have accidentally wandered into a time-machine and ended watching On the Buses in the 1970s. To be fair to the professor, she doesn't need time travel to see the same old images being pumped out again – and that's not just the bolstered buttocks.

Human Tiger

Writing this, I remember one of the most extreme examples of cosmetic surgery. It was the case of the former sailor who tried to turn himself into a tiger. I first saw Dennis Avner, known as Cat Man, on a TV show where a guest made the remark that sessions with a psychiatrist would have been cheaper than the thousands the part Native American Indian had spent on surgery. The man had 14 operations to tigerise himself. His face was reshaped, ears pointed, nose snubbed, top lip split, forehead and cheeks filled with silicone, whiskers inserted. Whatever you thought about him, he was a phenomenon but sadly, Avner was found dead at his Nevada home two years ago.

Flesh that's out of this world

I watched the rerun of Dr Who's The Flesh with friends' children over fish and chips. I came to it half way through, but the 12-year old who looks like a miniature beardless Laurence Llewelyn Bowen and the other, a six year old, explained what I had missed, so I could understand what not on earth was going on. It was all part of a long Bank Holiday of indulgence: fish and chips with onion rings and okra in tomato sauce from L.A. Fish on a tray, an all you-could-eat Chinese buffet and the gift of a giant chocolate cake that keeps on giving with the reduced sticker not entirely removed. An attempt was made to atone with an hour's jog down the Bognor Road.

And finally

Thinking about implants and On the Buses, have you seen the episode of 70s institution The Liver Birds, the one where Sandra has to resort to a blow up bra after overdoing her diet? Ah, those were the days. We'd barely heard of a silicon chip let alone a silicone buttock.

Contact Allis: allis.moss@chichesterherald.co.uk

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Photo of the week

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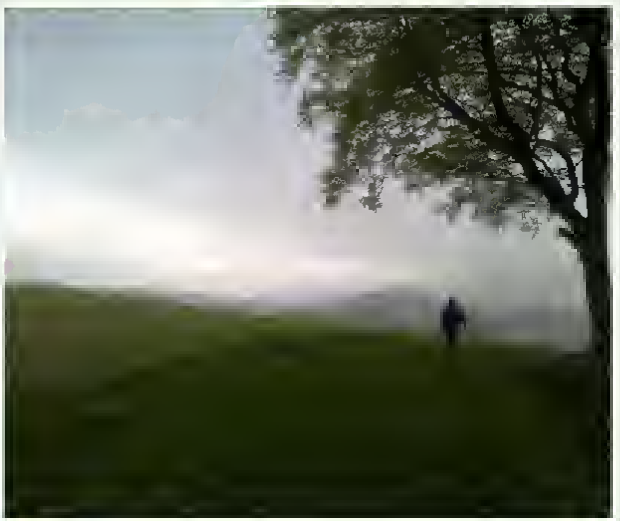

Isabel Ashdown @IsabelAshdown

Lovely head-clearing walk up over Sussex tonight - misty views of Chichester and beyond. Buzzards & lambs aplenty :)

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TV legend Steve Rider to host charity golf day at Goodwood

SKY SPORTS PRESENTER, and former ITV sports anchorman, Steve Rider, will be hosting an exclusive charity golf day on Tuesday 3rd June at the prestigious Goodwood Golf Club. Rider is hosting the event in aid of United Response, the national disability charity, and DEBRA, the national charity that supports those affected by the genetic skin blistering condition, Epidermolysis Bullosa.

Golfers are invited to come and join Rider on the club's renowned Downs Course, which is ranked as one of the Top 100 courses in England, and is also home to the English PGA Championship. This is a unique opportunity to play on the famous 18-hole course (usually only open to members), as it celebrates, almost to the day, its centenary. King Edward VIII and King George VI are just some of the past golfers who have played on the Downs Course.

To add to the excitement of the day, Steve Rider, who is vice president of United Response and vice president of DEBRA's golf society, will be presenting winning golfers with their very own 'Steve Rider cup', as they go head to head playing for their chosen charity. There will also be the opportunity for golfers to take part in other on course competitions such as Nearest the Pin and The James Braid Challenge (aka beat the pro using vintage equipment). There'll also be additional team prizes for the most points scored by individual teams.

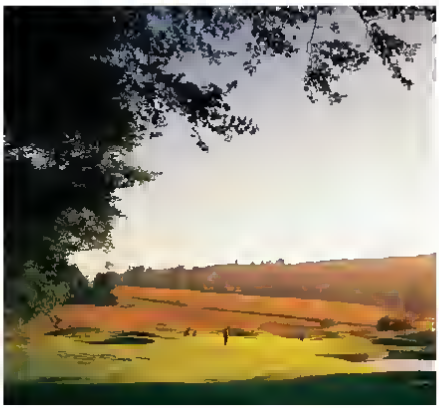
The day will begin with breakfast in The Kennels – a beautiful venue originally built in 1787 to house the hounds belonging to the Third Duke of Richmond and now home to Goodwood's prestigious private club. Teams will then head out onto the course for a tee time of 10am before returning for a well earned three-course lunch. Over lunch Steve Rider will be sharing behind the-scenes anecdotes from his career in media and sport and will be presenting prizes.

Speaking about the event, Steve Rider, said: "I have been working with United Response and DEBRA for a number of years now and am absolutely thrilled to be hosting this joint event for them at such a prestigious location!" "The introduction of the Steve Rider cup will see golfers supporting each of the charities pitted against each other and will hopefully introduce some healthy competition into proceedings. "It's going to be a fantastic day out and I hope as many people as possible will join me to raise money for these two great causes."

Tickets for the day are available at the price of £230 per team of two. This price includes breakfast baps & coffee, 18 holes of golf, golf buggy, 3 course lunch, auction and prize table.

To find out more and to sign up, go to the United Response website or call Lindsey Simmonds on 020 8246 5208.

To contact DEBRA or sign up email lucie.robson@debra.org.uk or call 01344 467780.



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News in Brief

• Thousands of people in London are living in hidden homes – often in disturbing conditions – because they cannot afford to live elsewhere. Reports have found people paying to live in shop storerooms, above car repair garages, on industrial estates and in former warehouses. This shadow housing market is causing London Fire Brigade "grave concerns". In the past nine months, firefighters have attended 36 fires in such places and two people have died.

• A woman has been arrested on suspicion of murder after three children were found dead at a house in south-west London. Officers were called to a property on Thetford Road, New Malden, at about 21.30 on Tuesday where the bodies of the children were found. A girl, aged four, and two boys, aged three, were pronounced dead at the scene.

• The UK government borrowed £107.7bn in the financial year to April 2014, lower than the £115.3bn amount it borrowed the previous year. In the Budget, the Office for Budget Responsibility (OBR) had estimated a deficit for the full year of £107.8bn. The government wants to eliminate the budget deficit by 2017-18.

• Campaigners are urging pharmaceutical giant Roche to lower the cost of a pioneering new breast cancer treatment as the NHS drugs watchdog is set to reject its use on cost grounds. NICE, which sets guidelines for England and Wales, says the £90,000 cost of trastuzumab emtansine is unjustifiable. The drug can add months of life to women dying of breast cancer, and Roche says the price reflects years of work. The drug is available in England via the government's Cancer Drugs Fund.

• The executive producer of Top Gear has expressed regret for a "light hearted" remark on its Burma special that led to the BBC show being accused of racism. Broadcast in March, the show saw Jeremy Clarkson use the word "slope" as an Asian man crossed a newly built bridge over the River Kwai in Thailand. Executive producer Andy Wilman said it had been a "joke referencing both the build quality of the bridge and the local Asian man who was crossing it". "[We] regret any offence caused."

Madeleine McCann: Police probe 18 intruder break-ins

BRITISH police investigating Madeleine McCann's disappearance are now looking at 18 potentially linked break-ins by a lone intruder into Algarve villas.

Six have come to light since an appeal by UK detectives last month, with five involving alleged sexual assaults against young British girls.

They include an assault on a girl aged 10 in 2005 in Praia de Luz – the resort from which Madeleine vanished in 2007.

Scotland Yard says it hopes UK officers will begin operations in Portugal soon.

Last month, the Metropolitan Police revealed they were looking at a series of break-ins, including two burglaries in Praia da Luz.

More than 500 calls have been made with information since then.

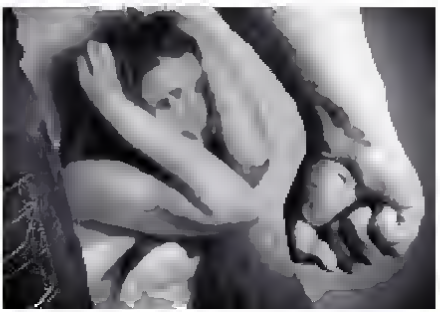
Two families said the intruder had worn a distinctive burgundy long-sleeved top.

Det Ch Insp Andy Redwood said: "As a result of those 500 calls, we have now identified a further five sexual assaults and one near miss. None of those six matters we were aware of prior to our appeal.

"In this new tranche of information we have got one crime which is very clearly in the heart of Praia da Luz in 2005, on a young, white, 10-year-old girl.

"Clearly the fact that we've now got an assault that is in the heart of Praia da Luz, very close to where a previous matter had been reported, means that we are even more interested in this as part of the inquiry."

Violent crime in England and Wales falls



VIOLENT CRIME is continuing a long-term fall in England and Wales, according to annual figures from NHS hospitals.

There was a 12% fall in injuries from violent incidents in 2013, according to data from almost a third of emergency departments examined by Cardiff University.

It found 235,000 people were treated following a violent attack in 2013 – 32,800 fewer than in the previous year.

The authors said the rising cost of alcohol might have played a role.

They also said the figures mirrored other research, adding to evidence that the long-term trend in violent crime was down.

The 12% fall means it is the fifth consecutive year that NHS units have recorded a decrease in violent injuries.

Stephen Sutton reaches £1m cancer charity target

A TEENAGE blogger with terminal cancer has raised £1m for charity after posting his final message to followers.

Stephen Sutton, 19, from Burntwood, in Staffordshire, was diagnosed with bowel cancer aged 15 and started raising funds for the Teenage Cancer Trust.

On Tuesday, he posted on Facebook: "It's a final thumbs up from me. I think this is just one hurdle too far."

Reacting to news that the total had passed £1m, Stephen tweeted "thank you all so much".

"The whole situation is just breathtaking in many ways," he added.

Dozens of people responded with their congratulations, including one who described Stephen as a "true inspiration", while another said he had "changed thousands of people's lives".

A day earlier, he told his thousands of friends and followers on Facebook that it would be his last post and any further updates would be from family members.

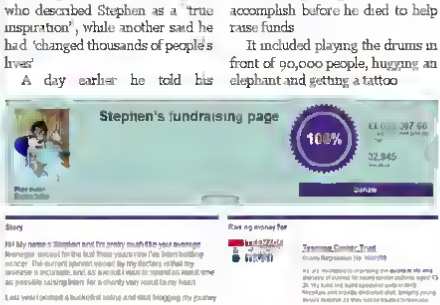
He wrote: "It's a shame the end has come so suddenly. There's so many people I haven't got round to properly thank or say goodbye to. Apologies for that.

"I will continue fighting for as long as I can, and whatever happens next I want you all to know I am currently in a good place mentally and at ease with the situation."

Tuesday's messages prompted people to pledge more than £250,000 overnight with a further £200,000 coming in on Wednesday morning.

The 19-year-old used a bucket list featuring things he wanted to accomplish before he died to help raise funds.

It included playing the drums in front of 90,000 people, hugging an elephant and getting a tattoo.



Chichester Business

Charity begins… in the office?

Kylee Charles discusses the value of 'giving something back' as a small business owner

Corporate social responsibility can really work for small and micro businesses and an increasing number are affiliating themselves with charities and voluntary organisations in order to get their business noticed

Not only is this a primary means for developing a powerful network, but it also helps others in the process People like to associate themselves with businesses that support good causes, especially those which help, for example, disadvantaged people

This Saturday 26 April we'll be able to witness a great example of how local businesses can come together, to support worthy causes, as the community event Chichester's Got Style' hits the runway in Chichester's North Street

Throughout the day shoppers can enjoy catwalk shows, entertainment and demonstrations. The event will be broadcasted by Spirit FM, who will be hosting the fun filled day with popular vintage entertainer and compere, Dawn Gracie, raising much needed funds for cancer charity's Macmillan and St Wilfrid s Hospice

Organised by the City Centre Partnership and supported by many of Chichester's local fashion houses, retailers and hair and beauty salons the event's a great example of how local businesses can join forces and work together to support a valuable cause

As a Chichester girl, I am delighted that this Saturday the town will be brought to life with this fun and entertaining event It's a sterling example of how we, as local businesses, can use our networks and skills to come together to make a difference, and anything that encourages increased footfall and promotion for our city is a worthy cause in my book

As the number of micro-businesses in the UK grows to 4 55 million, there will continue to be a large percentage of those business owners who volunteer their time to good causes and I believe they all deserve recognition

Every week I learn about a new event or charitable cause that at least one of our local businesses is involved with. With many giving their time to charitable work, perhaps we need to look at introducing a phrase that gives them as much appreciation? Whilst the term corporate social responsibility has become a phrase that many are used to hearing, maybe it's not something that can be used as easily for those employing between zero and nine? What do you think?

Let's ensure we all lend our support to those who are already one step ahead this Saturday 'Chichester's Got Style' starts at 11am and runs through until 4pm. For further information about the event, please email info@chichesterbid.co.uk

Do you run a business in Chichester? Then check news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column. e Kylee@MindeeyeManagement Com @MmdeyeMgmt

You can't get fresher than The Farm Shop

BRAND NEW to Chichester and the surrounding area is a fantastic local farm shop where you ll find only the very best food and drink from local producers throughout Sussex as well as a few from further afield They've only been open for one month and already the response from the local area has been incredible

The Farm Shop at Chichester, based at Chichester Garden Centre on the Bognor Road is extremely proud to work closely with over 30 individual local producers with an example of the Goodwood Estate and Hallgate Farm to offer customers a whole host of products, including luxury dairy ice-cream, freshly baked bread, honey, jams, chutneys and cheeses If that isn t enough to tantalise your taste buds they also work with Luthwaite's Wine and stock over 40 fine wines from around the world and offer a selection of over 20 bottle conditioned real ales and ciders from o local breweries'

The show-stopper butchery counter must be seen to be believed and is run by Clive Pain of Merry Meats, Yapton Clive has been serving his local customer base out of Yapton for over 25years and The Farm Shop is incredibly excited to be able to bring his extremely good quality meat closer to the Chichester area Alongside the extensive butchery counter is the delicatessen counter packed full of local and international cheeses, cooked and cured meats and freshly baked pies The Farm Shop's groen/grocery sources locally when in season making sure that the customers get the very best of what's available on our door step!

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Changing lives with Kinesiology

CHICHESTER'S Balanced Wellness is offering interested individuals the opportunity to train in the sought after practice of Kinesiology this month, with their Foundation training course that begins this April.

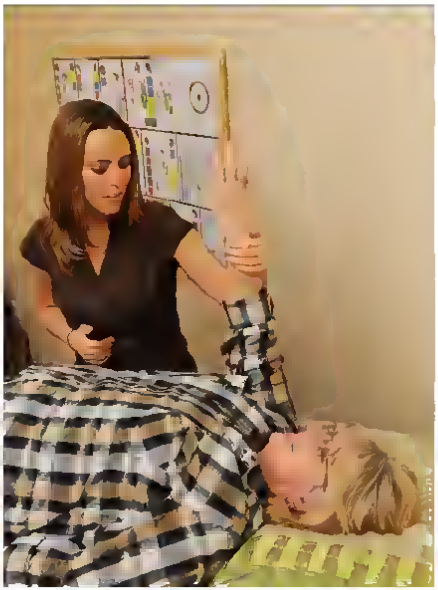
Starting on the weekend of the 26 of April and running until July, the one weekend a month course in their central Chichester location is perfect for anyone interested in adding Kinesiology to their existing discipline. It's also ideal for those who may be keen on improving their own health or the health of their friends and family.

The specialist course is available in a handful of locations in the country, with Chichester's offering one of the best available. The highly experienced teaching team is headed by Claire Snowdon-Darling who is also a tutor for The Academy of Systematic Kinesiology (TASK) and lectures on all courses from Foundation to Diploma.

"The Foundation course provides participants with the tools to change not just their life, but their health and the health of others" Explains Claire. "On the course, students will have the chance to learn all the tools they need to be able to practice, which includes emotional, nutritional, physical and all educational aspects, including acupuncture reflex points where we teach how to understand the Eastern holistic approaches to obtaining good health."

The training courses are fully accredited by The Association of Systematic Kinesiology (ASK) and take place in a beautiful purpose designed studio in a listed building at the flagship Balanced Wellness Centre in Chichester, West Sussex.

Further information about the courses can be found on the website http://www.balancedwellness.co.uk/kinesiology-training/levels-1-4/ or through contacting the centre on 01243 278 511. Currently there is a £100 discount offer available to all who book their place.



Special industry recognition for Q Hair and Beauty

CHICHESTER'S AWARD-WINNING Q Hair and Beauty received a special recognition at the Fellowship of British Hairdressing's President's night.

Involvement with charities and good causes is at the heart of Q's ethos and at the annual gala event on April 7, it was honoured with the Fellowship's HABE Fundraising Award, recognizing the Chichester salon's continual and impressive efforts in fundraising for the unique industry charity.

At the event held at 8 Northumberland Avenue in central London and hosted by current Fellowship president Errol Douglas MBE, the award was presented by Linda Evans, co-president of the Hair and Beauty Benevolent, along with Jayne Lewis-Orr, publishing director of Hairdressers' Journal International.

Owner of the Chichester salon, Anthony Barnes-Smith and Managing Director, Dawn Lawrence, accepted the award.

Dawn said "Giving back is part of the Q culture and while we raise funds for many charities, our own industry charity has always been included in our efforts."

The Hair and Beauty Benevolent is an official industry charity, dedicated to helping hair and beauty professional facing difficulty in life. HABE is part of the Q Hair and Beauty house charity appeals.

Caroline's Dairy launches new online Recipe Room

The team at Caroline's Dairy

CAROLINES DAIRY, the award winning luxury ice cream makers in Sidlesham, has launched a new online Recipe Room to share local recipes with food lovers and budding chefs. The new members area will enable visitors to sign up to access tantalising recipes that are ideal for serving with Caroline's Dairy Ice Cream. Recipes shared will not only come from top local chefs and food aficionados but also members of the public.

Caroline, who recently won the Business Personality of the Year category at the Observer and Gazette Business Awards, commented "We have always worked closely with our customers and suppliers and wanted to create a local food community where we can all share our passion for food and of course ice cream. As well as sharing recipes from some of the eateries that we work with, we are also inviting you to send in your own recipes."

"The Recipe Room is a really exciting new addition to our website and one that we hope will soon be buzzing with great food ideas for ice cream lovers. It's easy to join and anyone can sign up to find delicious recipes."

The Recipe Room already includes specialties from the head chefs at The Earl of March, Lavant and The George at Eartham as well as from local food author, Rosemary Moon and Françoise Murat of Roots Shoots & Leaves, who offer a range of grow your own vegetables and gardening courses.

Signing up to The Recipe Room will also give members access to the new monthly newsletter, which shares the latest recipes along with news from Caroline's Dairy.

To sign up to The Recipe Room just visit, www.carolinesdairy.co.uk/the-recipe-room/ and email your recipe suggestions to info@carolinesdairy.co.uk.

Grand opening for £3.5 million Chichester Marina Boatyard

PREMIER MARINAS will officially open its £3.5 million redevelopment of the Chichester Marina boatyard at a grand opening event on the afternoon of Saturday 26 April.

To mark the occasion, an official opening ceremony will take place, in which a specially-made plaque will be unveiled on the boatyard building by Chichester Harbour Conservancy Director Siân Cranny, alongside Premier Marinas Directors and members of the local council.

The afternoon will also feature a BBQ, bar and attractions for the whole family, including craft making, face painting, a clown, ladies fashion accessories, and more. Meanwhile marine businesses based in the boatyard will be throwing open their doors to visitors and putting on special events in their premises. A live band will provide a background of light jazz music throughout.

The event will also feature a raffle in aid of Premier's chosen charity The Rainbow Centre, with a range of prizes generously donated by businesses based in the boatyard.

Advert Available
£35 per week + VAT

Advert Available
£35 per week + VAT

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£35 per week + VAT

Arts & Entertainment

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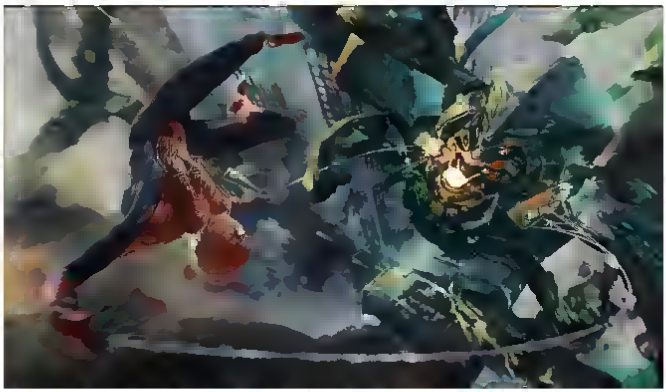
Now showing at Cineworld Chichester

Cinema review: The Amazing Spider-Man 2

The Amazing Spider-Man 2 (12A)
Running time: 142 mins
Director: Marc Webb
Starring: Andrew Garfield, Emma Stone, Jamie Foxx

★★★☆☆



Spider-Man has always been the people's superhero. He's a high-school dweeb whose supernatural powers allow him to fight crime but don't offer him any help at all in dealing with the everyday problems of being a teenager. Girls, friends, parents, authority – he's on his own.

It's this intimate side of the webslinging wonder that clearly appeals to both director Marc Webb and his star Andrew Garfield. Like the first film in this rebooted series, 'The Amazing Spider-Man 2' is as much about a boy growing up as it is about heroes and villains. The problem is that these two aspects are equally key in creating a satisfying blockbuster – and they can't find a way to reconcile them.

The result is an overlong, at times almost plot-free soap opera that introduces a wealth of characters and dips into a wide variety of subplots but never comes together as a story. We find Spidey late for his high-school graduation (thanks, of course, to a truckload of stolen plutonium) and questioning whether he's ready to go out into the big wide world of commitment and responsibility. But it's not long before other, more life-threatening concerns arise in the form of Jamie Foxx's reluctant power conductor Electro and Dane DeHaan's childhood buddy-turned-spoilt rich kid Harry Osborn.

DeHaan is by far the best thing here, and his scenes with Garfield have an integrity lacking elsewhere. Foxx, too, is very watchable; the effects, make-up is spectacular and his character is intriguingly downtrodden, if dubious in its portrayal of the mentally ill.

However, much about 'The Amazing Spider-Man 2' doesn't work. Garfield aims for dorky and loveable but comes close to smug; Emma Stone, as his squeeze Gwen, gets too little to do, the big action sequences are perfunctory, confusing and too infrequent. Those who made the first movie such a huge success will doubtless find much to enjoy here, while others will find themselves longing for the boldness, scope and wit of 'The Avengers'.

Conifers School Choir and Midhurst Musical Society join forces to make music!

Conifers School's award winning choir and some members of the Midhurst Musical Society

ON SATURDAY 3 May at St Mary's Church, Easebourne, 7.30 pm the award winning Conifers School Choir will be joining the Midhurst Musical Society for a performance of Benedicte by Andrew Carter.

This modern version of the ancient church canticle invites all of creation to praise God its creator and includes Badgers and Hedgehogs, Thunder and Lightning and Grannies and Granddads-even Aunt Aggie's Twins are included!

Mary Knight, MMS' Director of Music said: "I want the MMS choir and Conifers' children to enjoy the challenge of working together. I have loved the Carter Benedicte ever since I first heard it. Few composers write so well for children. This will be an opportunity for the young people to sing with an orchestra and an adult choir and we are all looking forward to the experience. Come and share it!"

Mrs Annette Mathias, Conifers School's Director of Music added: "A collaborative musical project such as this strengthens a sense of community and also enriches the children's musical education. It serves as a ringing testament to the rich musical talent on offer in Midhurst."

The rest of the concert will include a performance of Rodrigo's "Concerto de Aranjuez" by local guitar soloist Sam Brown and other orchestral items including "La Boutique Fantasque" by Respighi and music from "The Three Bears" suite by Eric Coates. The MMS choir will sing another lively canticle, "Te Deum" by Haydn. The choir and orchestra will be conducted by Mary Knight and Andrew Broadbent. Refreshments will be served in the interval.

St Mary's Church (Cowdray Park) is beside the A272 in Easebourne, outside Midhurst, and there is plenty of parking space. "We expect a good response from parents and friends of the children and from friends of the choir, so book early!"

Tickets may be obtained from Conifers, from choir members or ordered in advance. Tel: 01730 812783 or e-mail from secretary@midhurstmusic.org. £12 for adults, free for children and students.

The Society is planning a special concert, on November 22, of 'Music for Remembrance' in association with the Royal British Legion, to mark the centenary of the First World War.

Details of MMS and its programme of concerts and other activities can be found on the website www.midhurstmusic.org.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **What is Spider-Mans real name**

A. TONY STARK
B. BRUCE WAYNE
C. PETER PARKER

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 29th April 2014 at midday. The winner will be notified later on that day. Last weeks winner was Richard West from Bognor Regis. Chichester Herald competition terms and conditions apply.

cineworld
Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Medieval Midhurst comes back to life in the Market Square on May 3 & 4

EVER WONDERED how Midhurst would have looked in times gone by? Well, on Saturday 3rd and Sunday 4th of May you'll have a chance to find out when the Market Square goes all Medieval! The packed programme of events should be a fantastic kick start to the summer season of events in the newly re-furbished Market Square.

Organised by local photographer, Michael Chevis, the weekend will bring the bustling markets of Medieval Midhurst back to glorious life. The Old Town, St Ann's Hill, the Church and the Cowdray Tudor Ruin will provide stunning backdrops to the festivities. In the Market Square you'll find everything from pedlars and craftsmen through to fighting Knights and dancing (by Midhurst's own Knockhundred Shuttles). Adding to the market scene will be wandering minstrels and musicians while St Ann's Hill is the setting for have-a-go-archery and the storyteller.

The Market Square will also play host to a stunning falconry display. Visitors will be able to see the birds fly and discover more about the history of falconry, as well as finding out more about the wide variety of birds of prey that will also be on show.

St Mary Magdalene and St Denys' church is the place to head for if you fancy trying your hand at some of the crafts of the past. There'll be the opportunity to try out some weaving and embroidery and see demonstrations of other traditional crafts. On the Saturday evening (6.30pm) the church will also be hosting a talk about Medieval Midhurst (by Bridget Howard) and a Medieval music recital by Cancionero. Saturday is also your change to have a go at traditional drum making with Annie Whittaker of Seventh Heaven on West Street.

Last but not least, the Saturday evening Ghost Walk at Cowdray will tell the fascinating tales of characters such as The White Lady in the Woods and the Countess who was tortured and executed as well as other strange and mysterious tales of the past. This starts at 8.30pm and numbers are limited so make sure to book in advance.

Event organiser, Michael Chevis, said: "Medieval Midhurst should be a great kick start to the summer season. So please come to Midhurst's Market Square over the May Bank Holiday weekend, support the event and have fun."

The event is also supported by Chichester District Council's Economic Development Team and by The South Downs National Park Authority. Bruce Middleton, of the SDNPA said: "We're really looking forward to Medieval Midhurst. It's going to be wonderful to see so many people coming in to town, using the Market Square, discovering what Midhurst has to offer and all the many reasons to visit time and again."

For more information and for tickets relating to the recital (£7.50 - also available on the door) or ghost walk (£8.50) please contact Michael Chevis on 07734 982525, or email info@michaelchevis.com.

What's On in your local area...

• Selsey Library will be celebrating its 50th Birthday on Wednesday 30 April 2014. Were you there when the library opened in 1964 or do you have any special memories of the library over the past 50 years? If so staff would love to hear from you. A special birthday event will be held on Wednesday 30 April between 10.30am and 12.30pm, with coffee and cake to celebrate and a special baby rhyme time 10.30-11am. There will also be a display of pictures of the library from the last 50 years and the winner of a poster competition with local schools will also be announced. Everyone is welcome!

For more information please speak to staff at the library or call 01243 642110.

• Taste – Artisan Food Festival, Oaklands Park, Chichester, 14th &15th June 2014 from 10am – 6pm. FREE ENRTY. If you love great local food then taste! is for you! Over the weekend there will be 80 Artisan food stalls preparing delicious local food to sample and buy – everything is locally made, grown or produced and offers something really unique to try. We have a vintage & nostalgia area with a quintessentially English tea room serving traditional cakes and tea from china cups. Festival Bar with local real ales, cider and wine and plenty of local entertainment throughout the weekend. And for the kids we have face painting, a bouncy castle, fun run and cookery classes. Please call 01243 839316 or go to our website www.tastefestival.net for further details.

• TALK: Sussex Family History Group – Chichester, Wednesday 30 April 2014.

'A Moment in Time'. What your ancestors were at the time of the various Census 1801-1911" is the title of the talk by nationally known dress and photograph historian Jayne Shrimpton at Sussex Family History Group's Chichester Centre on Wednesday 30 April 2014. Visitors very welcome, entrance free. Book stall and refreshments available. The talk starts at 7.30pm in St George's Church Parish Centre, Cleveland Road, Chichester (entrance behind the church). Parking available. More details 01243 787087 or visit www.sfhg.org.uk

• Concorde is a social club which provides friendship and companionship for single people. It is not a dating club but any members who form relationships or marry remain members.
It meets every Tuesday at the Walnut Tree, Runcton and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575093 or 01243 604715.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music – and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2BP.
More details from Andrew@andrewperry.plus.com or 01243 776391.

• Chichester Art Society has a series of five workshops in April and May to help you Be A More Creative Artist. They will be tutored by one of the Society's talented members Shan Harries and are designed to show you various techniques and approaches to enliven your work and take it in new directions. They run from 1.30pm to 4.30pm on Tuesday April 29th and May 6th at Bassil Shippam Centre (parking and easy access) and are open to non members at £30 each or £115 for all five (to include refreshments). For further information and to book a place contact the secretary on 01243 602360 or email jean.campbell@zen.co.uk

• Monthly meetings carried out partially in Welsh rest in English all levels of Welsh welcome meetings in members houses contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

• The tenth annual Fishbourne Flat Five will take place on Sunday 1 June. This hugely popular event will as ever be a 5-mile run/walk following the traditional course around the harbour. We will meet at the Fishbourne Centre at 0745am with the event starting at 1000am. This event is aimed at competitive runners and first timers as well as individuals or groups who enjoy walking round the harbour.

This year we are delighted to announce that money will be raised for Fishbourne Primary School. Entry forms and further details will shortly be available from the website www.fishbourneflatfive.co.uk or at Fishbourne Primary School, the Fishbourne Centre, Beckie Lou and the Westgate Centre or please contact Su Leeming on 01243 774311.

If you would like a non profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and are printed here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Food banks donations surge after Mail on Sunday criticism

THE NUMBER of donations made to the UK's leading food bank provider has surged after an undercover Mail on Sunday journalist lied to obtain food for an article criticising the charity.

Before the article's publication on Sunday, the Trussell Trust's JustGiving page had received around 250 donations. At the time of writing, that figure has risen to 3,800 with a total of £43,274 having been donated.

Many donors have cited the article as their motivation for contributing to the charity. One said they were "prompted to donate in protest at the ridiculous and hateful Daily Mail article criticising a charity for helping the needy".

Another added: "So glad to see people standing up to the Mail on Sunday and turning negativity into something positive for people who need it most. Keep up the good work."

The article in question accused the organisation of conducting insufficient background checks on people using its service to ensure that their emergency food supplies were really needed.

Despite claiming in a sub-heading that visitors to food banks could claim food parcels with "no questions asked", the article notes that an undercover journalist was asked "a series of questions".

The reporter told staff at a Citizens Advice Bureau that he was an unemployed father of two to receive a food bank voucher.

The paper also said that undercover reporters in London and Nottinghamshire found that many of those claiming food parcels were asylum seekers, while many users flout the rules on how many food parcels an individual may receive in one year.

The Trussell Trust has been accused by the Department for Work and Pension of "misleading and emotionally manipulative publicity-seeking" in the past, and the Mail on Sunday also cast doubt on the charity's claims that almost 1 million people would need its services this year.

However, campaigners and religious leaders have cited the rise of food banks as evidence of the need to act on food poverty and as a symptom of Britain's growing wealth inequality.

In his Easter Sunday message, the archbishop of Canterbury Justin Welby called for an end for poverty, saying: "In this country, even as the economy improves, there is weeping in broken families, in people ashamed to seek help from food banks, or frightened by debt."

The surge in donations would seem to show that a section of the public support Welby's message and agree more needs to be done to help those who can't make ends meet.

A spokesperson from the Trussell Trust told Blue & Green Tomorrow that the true extent of donations made since yesterday – which will include direct donations not counted on the JustGiving page – had not yet been fully counted.

They added: "The Trussell Trust has been overwhelmed, humbled and totally blown away by the incredible acts of public kindness following the Mail on Sunday's article.

"It's amazing to see thousands of people showing that they care about people in poverty and donating to help. It will make a big difference to families in crisis. A massive thank you to everyone who's given."

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

D DAY ANNIVERSARY AIR SHOW
IWM DUXFORD
SUNDAY 25 MAY 2014
£5[illegible] Adult/Senior Citizen & £42 Child

The D-Day Anniversary Air Show commemorates the 70th anniversary of this decisive military campaign, demonstrating the vital role that aerial warfare played in the invasion of Normandy.

The air show will feature fighter, bomber and transport aircraft types that would have been seen over the beaches of France, together with thrilling ground content, including a march past by Normandy veterans and serving personnel from the Parachute Regiment. This special D-Day anniversary air show is not to be missed.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

Win a meal for 2 at Murrays

M
Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people [illegible] eve
The Chichester Herald will be [illegible] competition sponsored by [illegible] every week where [illegible]
For your chance to win [illegible] please answer the following photo [illegible]

Can you guess where this picture was taken within the Chichester area?

For your chance to win this weeks competition email your answer name address and contact number to news@theshiphotel.net

North Street Chichester West Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@theshiphotel.net

Entries close on Wednesday 30 April 2014 at midday The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu There is no cash alternative A winner will be announced by Murrays every Wednesday Entry details may be kept on file Last weeks answer was Chichester College

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Travel

Baby-friendly holidays are a great way to ease exhaustion

ANYONE who has taken a baby on holiday will have looked with envy at shots of Wills and Kate looking relaxed and well-rested on their tour Down Under.

Their secret is an army of aides, including a nanny for eight-month-old Prince George – but you don't have to be a royal to ease the exhaustion of holidaying with a little one.

One option is a Mark Warner resort.

They are fully geared up to cater for babies, with experienced British nannies, a free evening creche service and 24 hour kitchens for late-night feeds.

There is currently 37 per cent off seven nights at the Lakitira Beach Resort on the Greek island of Kos.

It now costs from £395 per adult and £150 for infants, including a full-board upgrade (worth £70 per adult and £58 per child).

Flights depart from Heathrow or Manchester on May 3.

Sailing and windsurfing with tuition, tennis, mountain biking, fitness classes and childcare for two to 17-year-olds are also included.

Childcare for youngsters aged four months to two years costs £180 for six mornings or afternoons over the course of a week. markwarner.co.uk.

Baby Friendly Boltholes specialises in holidays for families with babies and pre-schoolers.

It has just opened a new property near Valencia in Spain.

The Casita, part of the Caserio del Mirador retreat, is a two-bedroom cottage sleeping up to two adults and two children plus infants in cots.

It is equipped with cots, highchairs, baby gyms, blenders, baby and toddler crockery and cutlery, toys and books, a buggy and a sun umbrella.

There are welcome packs stocked with breadsticks, yogurts, bananas and other baby-friendly food while your tot's favourites and items such as nappies and wipes are available upon request.

You'll get access to facilities including a pool, a play area with a sandpit, a trampoline, swings and slides. Seven nights' self catering costs from £1,700. babyfriendlyboltholes.co.uk.

Martinhal Beach Resort and Hotel in Sagre, Portugal, has a baby concierge for booking essentials such as nappies plus kids' clubs.

The five-star resort's Baby's First Holiday package costs from £1,029 for two adults and a baby for four nights' B&B, two hours of creche time, a spa treatment for mum and a romantic dinner (a babysitter is provided for three hours) until October 31. martinhal.com.

If you're prepared to fly long-haul to Florida, booking a spacious villa means you can take the grandparents as babysitters.

Travel City Direct offers seven nights in Orlando in a three-bedroom Classic Villa from £759pp (based on four adults, one child and a baby travelling free) with Virgin Atlantic flights from Gatwick on November 4 and car hire. travelcitydirect.com.

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER

CHELSEA FLOWER SHOW
THURSDAY 22 MAY 2014
£85 per person

Rare and new plants, floral pavilions, flower arrangements and show gardens with over 600 exhibitors competing to show their horticultural talents

After local pickups we drive straight to Chelsea. Arrival time 11.15hrs (approx.) where there will be plenty of time to marvel at the beautiful gardens and flowers

Departure time at 1800hrs, arriving home mid-evening.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

Center Parcs term-time holidays advert banned

AN ADVERT for Center Parcs resorts has been banned for "irresponsibly" encouraging parents to take their children on holiday during term time.

The television advert promoting four night midweek breaks showed families with school-aged children taking part in various activities, with small print stating that the offer "excludes school holidays".

Two viewers complained that the advert was irresponsible since it encouraged parents to take their children out of school during term time.

Center Parcs said it was the responsibility of parents to exercise judgment regarding their children, and that there was nothing in the advert that encouraged them to take their children out of school during term times.

The advertising clearance service Clearcast said the issue of taking children out of school during term time was the responsibility of parents, who would be aware that rules had recently been tightened to discourage the practice.

The Advertising Standards Authority (ASA) noted that many of the scenes in the advert featured families with school aged children enjoying various activities.

The ASA said: "We considered the emphasis of the ad was on a family break and that the overall impression was that families could take advantage of the advertised offer, which was not available at weekends or during school holidays.

"We also noted the final on-screen text stated 'Your family. Your time', which we considered was likely to be an encouragement for parents to take up the offer.

"Because the ad had focused on a family break to promote an offer which was available only during term time, we concluded it irresponsibly encouraged parents to take their children out of school."

The ASA ruled that the ad must not appear again in its current form, adding: "We told Center Parcs to avoid promoting family breaks which were available only during school term times."

A ski holiday company recently offered to pay any fines incurred by parents that booked with it during term time.

Lee Quince, the owner of Bedford-based MountainBase, which sells holidays to Morzine in the French Alps, said: "90 per cent of the people who have got in touch have been supportive of what we're doing."

Recent national polls of readers showed that two thirds of parents said they would risk a fine to take a holiday in term time.

Lying and addictions go hand in hand!

Denise Kelly

Naturopathic and Nutritional Therapist

Lying is so common among people with addictions that it is often thought to be part of the process of addiction. But why do people with addictions lie?

They Lie To Cover Up the Addiction

Although not all addictive behaviors are against the law, many are. Even those that aren't are highly stigmatized, even if they are socially encouraged in moderation. It becomes second nature for people with addictions to cover up their addictive behavior. Although family members often find people with addictions to be confrontational, in reality, they often want to avoid confrontation. They rely heavily on their addictive behavior as a way of coping, and often do not have other well developed ways of coping with the demands and stresses of life. Being confronted by another person is very stressful, and that is something they have a hard time coping with. People with addictions also tend to have a stubborn streak, sometimes appearing as arrogance and/or over confidence. This is usually a cover up for the internal trauma that is going on inside. Even though they may find their addictive behavior pleasurable in the early stages, intense persistence is required for an addiction to develop. They have to continue doing it despite unpleasant consequences. Sometimes even at the loss of their friends and family. Hitting rock bottom can sometimes be a real turning point for those with addictions.

The addict often knows first hand that what they are doing isn't in anyone's best interests, especially their own, but they have decided that it works for them, and they are sticking to it. Neither you nor anyone else will persuade them otherwise.

Life Without an Addiction Can Seem Like a Void

When people become addicted, their lives revolve around their addictive behavior or substance. Although they may wish to quit "one day," for today, life without their addiction can seem frighteningly empty. If you don't understand how this emptiness drives people back into their addictive behavior, they will tune in to that, and he to shut you up.

People With Addictions Feel Ashamed

No-one likes being humiliated. And addictions often make people behave in ways that cause them embarrassment and regret. Having this pointed out by another person, particularly someone they want to think well of them, causes them great shame.

Many theorists believe that shame underlies the process of addiction. John Bradshaw, a recovered alcoholic who went on to be a counselor and prominent author, believed that toxic shame keeps people stuck in addictions and past problems.

Patrick Carnes, a leading authority on sex addiction, also considers shame to be the driving force behind compulsive sexual behavior. This view is supported by authors such as Susan Cheever, a self proclaimed sex addict and recovering alcoholic.

Seek a specialist councilor or see a GP for more advise and help on this matter.

Signs of lying!

Contrary to popular belief a liar does not always avoid eye contact. Humans naturally break eye contact and look at non-moving objects to help them focus and remember. Liars may deliberately make eye contact to seem more sincere this can be practiced to overcome any discomfort as a way of "proving" that truth is being told. It has been shown that some liars tend to increase the level of eye contact in response to the fact that investigators have often considered eye contact as a tell!

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her: www.denisekelly.co.uk info@denisekelly.co.uk @DkNutrition 07730 671436

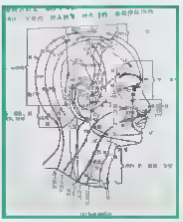
Harmony Acutherapy Clinic

Holistic Acupuncture, Acupressure & Traditional Chinese Medicine

Suffering from Migraines? Help is at hand

Chinese medicine & acupuncture – a natural way to approach migraine

In Traditional Chinese medicine's philosophy, no stagnation (blockage), no pain. Using Chinese medicine &acupuncture, the stagnation can be removed, and the blood circulation in the head can be regulated. The body as a whole system can be balanced at the same time. So the treatment can release the symptom as well as to prevent it from happening. For people who are feared of needles, acupressure can be applied instead.



Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK). He has been practising his profession over 18 years and has his own clinic in Chichester town centre.

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London, Portmouth and Chichester for over 5 years. Prior to this, having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

ACUPUNCTURE CAN BENEFIT–

ARTHRITIS | SPRAINS AND SPORTS INJURIES
HEADACHES AND MIGRAINE
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DEPRESSION | STRESS
AND MUCH MORE

Open Monday to Saturday from 9am to 6pm (except bank holidays)
After office hours appointments available on request

4 The Chambers, 28 Chapel Street, Chichester, PO19 1DL, Opposite Travelodge.

For more information visit www.atcm.co.uk.
Call: 01243 537806 for a free consultation, Free car parking.

01243 537806

Licensed Pharmacist and an Associate of the Association of Traditional Chinese Medicine UK
www.atcm.co.uk

Spire
Portsmouth Hospital

We go beyond treating patients

for us it's about looking after people

Exhibition Evening
Friday 23 May, 6pm—8pm

Join us for Spire Portsmouth Hospital's Photographic Exhibition, showcasing the incredible landscape and coastal photographs of our local area by Dr Richard Jones.

With welcome talks from The Rt Hon David Willetts MP and Louise Sullivan, Hospital Director, there will be guided tours of the hospital, the opportunity to speak to insurance brokers about private healthcare and refreshments throughout the evening.

This is a ticketed event, please reserve your place to attend.

To reserve your place, please call **02392 456172**
or email **info@spireportsmouth.com**
www.spireportsmouth.com

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Fashion & Lifestyle

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Scots fashion model tells how his life changed after being scouted by an agency- all thanks to his beard

CHRIS John 'Milly' Millington and his facial hair have graced some of the biggest magazines and ad campaigns for companies such as TopMan, River Island and Gap.

Scottish beardy model Chris John Millington in NY with Nma Nesbitt for Tartan Week.

CHRIS John "Milly" Millington is one of the most in-demand models in the world – after growing a beard for a laugh.

From New York to Dubai, London to Thailand and back again, the Scot and his facial hair have graced some of the biggest magazines and ad campaigns for companies such as TopMan, River Island and Gap.

And yet little over 12 months ago, Kilmarnock-born Chris, 24, was working full-time in a phone shop and had just applied for a career with the police.

As he struck some poses during New York's Tartan Week, Chris said: "It's pretty crazy, really. I got scouted off the street in London one year ago.

"I was in Costa Coffee and someone from Sapphires Model came in and said, "We think you could do a bit of modelling".

"I was a bit sceptical but we spoke about how it would work and what kind of things I'd be capable of doing.

"I signed and took a chance on it and, within about a week, I was shooting for Urban Outfitters, which was pretty big.

"Back then I was working for Vodafone and managed a team of 30 people. It was pretty cool but I applied for the police two days before I got scouted.

"It was a bit of a strange one but it's gone really well, so I can't complain.

"Since then, I guess I've established myself as one of the busiest models in the UK."

Chris's bushy beard was the reason for his big break but he admitted that he only grew it for a bet after one of his mates jetted off to New York for three months.

He said: "My friend was doing an internship at a photography studio in Manhattan and we decided while he was there that we wouldn't shave.

"So I didn't but he did – he chickened out after a few months. I grew mine and went down to London just a week before he got back and that's when I was picked up."

The beard went down a storm and Chris was soon being invited to hipster events and shoots around the globe, including closing a show during Amsterdam Fashion Week, opening an event in Sweden and attending the Brit Awards, as well as Jay Z's after-party in London.

He said: "A lot of things have changed because my life had a lot of organisation and was really regimented and I had a set amount of hours I was working.

"I knew what I was doing each day, whereas now it's so ad-hoc and changes on a daily basis, so there is no way to predict what you are doing in a week's time.

"The structure of my life has changed entirely. I guess it's more glam.

"I've gone to some amazing events. Going to New York's Tartan Week with Genuine PR, to do some work with the Caledonia Collective bands here, is probably the biggest but going to things like the Brits is amazing, too.

"New York was always the plan and actually doing it has been amazing. I've done a lot of travelling this year."

Chris, who worked with male supermodel David Gandy during fashion week, is one of the only hirsute men in his family.

He said: "I've got a little brother who is more handsome than me by far. It's pretty mad. Never in a million years did I think I'd be doing this."

Despite his modesty, the beard has definitely brought Chris fame, as well as fortune.

He smiled: "I have to keep it but it's a lot smaller than it was. It was much fuller but I had to have it cut off.

"I do a lot of e-commerce stuff for ASOS but it has to be at collar length, so you can see the detail in shirts.

"I'm the Fudge Hair brand ambassador and now have Milly's beard oil, my own brand, which is the No1 selling product in the world in the beard market."

CAT AND RABBIT RESCUE CENTRE

Mature loving cats looking for homes

Courtney is one of the longest serving residents who is looking for a new home

At The Centre we currently have lots of lovely middle aged cats looking for new loving homes. Now past their younger years these cats are much calmer and have lots of love to give. Some of these cats looking for a forever home include:

Courtney is a pretty 5 year old black and white female who unfortunately has lost her tail. She is one of our longer residents having arrived with us on the 19 August 2013 as a stray. She is a friendly lady but she doesn't really like other cats.

Paddy is a handsome grey 7 year old male cat. He arrived with us on the 7 March because his owner was moving to a flat and couldn't take him. He is a little bit timid but also really sweet and loving. Paddy is looking for a quiet home to settle down in.

Hogarth arrived with us on the 17 September 2013 because his owners could no longer cope with having a cat. He is a 5-6 year old black male. Hogarth is very friendly although he does have a naughty side.

Randolf is a lovely friendly 7 year old ginger male, he is currently living with two other cats that he arrived with but he would be happy to find a home without them. He has been with us since the 12 March because his owners were moving.

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £60 for each neutered cat or kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks.

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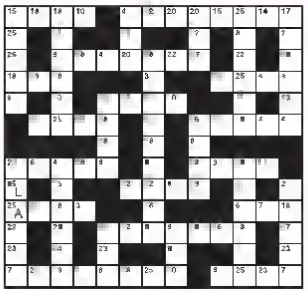
Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	19 L
3	18
4	17
5	15
6	16
7	20
8	21
9	22
10	23
11	24
12	25 A
13	26

Last week's solutions

1 J	2 A	3 U	4 X	5 Q	6 B	7 Z	8 S	9 P	10 C	11 T	12 H	13 R
14 O	15 E	16 M	17 K	18 L	19 Y	20 G	21 V	22 I	23 W	24 D	25 N	26 F

Words mare

O	P	N
U	I	U
M	T	L

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others...and letters may be used only once. You cannot use plurals, foreign words or proper nouns but verb forms ending in s are permitted. There is one 9-letter word to be found

How you rate

10 words - average,
15 words - good,
20 words - very good,
25 or more - excellent.

Last week's solutions.

ding, dinger, doing, doting, downright, gent, gin, gird, girth, girthed, girthing, grid, grin, grind, grit, groin, grow, grown, growth, hang, ingot, night, nighting, nighty, ring, rowing, thing, thingy, thong, thongy, throwing, ting, tong, towing, tng, twig, twight, wing, wingy, wording, wright, wrung...wrong

Double Crossword

Choose either quick or cryptic clues

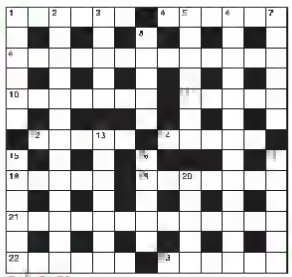
Cryptic Clues:

Across

1 It may get broken put it down! (8)
4. Don't contract flu a feast (8)
9. He should know how to get people to make outstanding contributions (4-9)
10. Contacts by telephone and makes men join the army (5,2)
11 In the advertisement anger is evidenced (5)
12 & 8 Dn. What the stage electrician provides? (5,13)
14. About to bet on a kind of race (5)
18. Ice may accompany rich food (8)
19. To inflame the feelings in what is reasonable, we hear (7)
21. The state of the team who receive no vocal encouragement? (13)
22. Give evidence that a teetotaller is attached to a hereditary set (8)
23. Are those off the track defeated? (6)

Down

1 Don't increase the weight—cut the price (6)
2. Comrade-in-arms (2,11)
3. Competitions for those with common characteristics? (5)
5. Before the deceased archbishop (7)
6. See 12 Across
7 Being out of order...I did berate yobbish mocking attitude (6)
8. Makes uncertain progress causing motorist problems (5)
15. Funny sounding part associated with a member (7)
17. Beneficiary plant raised in Jamaica carefully (6)
16. Bad habits they won't let go (5)
17 Logically think out the cause (6)
20. Social distinction is rejected...we hear (5)



Quick Clues:

Across

1. Retiring (5)
4. Firm (6)
9. Mixed (13)
10 Loiters (7)
11 Anaesthetic (6)
12. Cleave (5)
14. Employers (6)
16. Donuts (6)
18. Dispossess (7)
21 Amusement (13)
22. Abandon (5)
23. Pure (6)

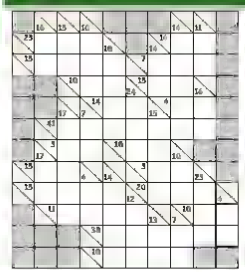
Down

1. Mutter (6)
2. Crumbles (13)
3. Riddle (5)
5. Offers (7)
6. Comradeship (13)
7 Make certain (6)
8. Near (5)
13. Scavenger (7)
15. Climb (6)
16. Perfect (5)
17 Pay bill (6)
20. Nip (5)

Last week's solutions.

GRYPTIC Across. 1 Stout heartedness 7 Groom 9 Credo 9 Oar 10 Rehearsals 11 Kudos 12 Ceiling 15 President 17 Amp 18 Extra, 19 Issue 21 Green fingers. Down 1 Stenographer 2 Thin 3 Enmesh 4 Receipt 5 Evens 6 Fine grain paste 7 Gored 10 Fascinate, 13 Image 14 Relief 16 Enter 20 Sun. QUICK Across 1 Felt foggery 7 Greet 8 Tramp 9 Ere 10 Protector 11 Unsure 12 Finish, 15 Suffering 17 Ban 18 Twine 19 Curve 21 Unsensible s. Down. 1 Persuade 2 Ire, 3 Option 4 Gathering 5 Insect 6 Apprehensive 7 Guess 16 Persevere 18 Imbue, 14 Discus, 16 Reign 20 Run.

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions => From top to bottom: Simple, Intermediate, Difficult

Simple

		9		7		5		
3	7				8			4
	4				3	7	9	
		1		8			5	
7	8		5		9		4	2
	9			2		1		
	3	7	8				6	
6		4	9		2		1	7
		2			5	4		

Intermediate

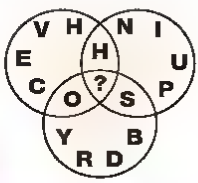
					2	1		7
	2		4	7				
9					5		4	3
6			1			8		
		9			6	7		
		5		8	3			6
1	3		9					8
		8		2	1		6	
5		4	8					2

Difficult

		3	9	2	8			
		8		5				
						5		7
3	1				5			6
		6				7		
9			4				5	3
7		1						
				8		2		
			5	8	7	4		

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions

The letter represented by the question mark is K. Mazurka, Cakewalk, Kazachok, all dances

A hamuddle

Rearrange the letters in the grid below to make five words that read both across and down. Five letters have been placed to start you off

					E
		E			
				C	
	A				
E					

A

N	N	C	B	E
A	T	R	E	E
N	R	R	C	A
A	R	O	E	C
E	O	T	E	N

B

Last week's solutions

Scrap, Crone, Robot, Anode, Peter

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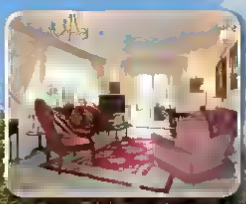

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CRAIGWEIL-ON-SEA £585,000

A detached family house situated on a good sized plot in private estate approx 300 yards from the private beach The specification of this well presented property includes G F H c cloakroom large dual aspect living room a study, a kitchen/ breakfast room, utility room, master bedroom with en suite shower room, three further bedrooms bathroom detached double garage and large secluded rear garden EPC Rating D

CRAIGWEIL PRIVATE ESTATE £795,000

Well presented modern detached house situated in private marine estate around 200 yards from the beach Large South facing lounge spacious d ning room, versatile dual aspect study, kit/breakfast room utility room an unusual curved staircase and landing master bedroom with en suite bathroom and balcony three further bedrooms family bathroom detached double garage and gardens including a South facing rear EPC Rating D

ALDWICK £595,000

An unusual detached property situated in a secluded position within 200 yards of the private beach The very well presented property includes a spacious entrance hall cloakrm a living rm good sized conservatory/dining rm, kit/ breakfast rm, utility rm gr fl bedrm with en suite bathrm further gr fl bedrm/study first floor bedrm with en suite shower rm family bathrm detached dble garage with study/office over secluded Southerly gardens EPC Rating C

CRAIGWEIL-ON-SEA £425,000

A very well presented luxury apartment situated on the first floor in landscaped gardens with direct access to the beach. A good sized lounge with sep dining area both offering views over the garden to the sea, sun balcony master bedroom with sea v ews & en suite shower room two further double bedrooms bathroom fitted kitchen garage and delightful communal gardens EPC Rating C

ALDWICK £385,000

A well presented detached house situated within approx half a mile of the beach, shopping facilities and schools. The property has been made the subject of a programme of remodelling & refurbishment by the current owners. G.F.H., u.P.V.C. dble glazing, cloakroom, good sized dual aspect lounge with attached conservatory, fitted kitchen with arched opening to the dining room, utility room, three bedrooms, refitted bathroom, garage, parking for several vehicles and gardens including a 100' rear. EPC Rating C.

ROSE GREEN £315,000

An attached house situated in a residential development w thin 400 yards of Rose Green schools shops and doctors are located a little further to the East. G F H- u P V C d/ glazing cloakroom lounge kitchen/d ning room delightful conservatory master bedroom with en suite shower room three further bedrooms bathroom detached single garage and an easily maintained South West facing garden EPC RATING C

ALDWICK BAY ESTATE £269,950

A ground floor flat situated in a small development in private marine estate approx. 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect l ving room with doors opening to the West facing area of garden f tted kitchen & bathrm three bedrooms garage and the use of the South facing communal gardens EPC RATING C

Motors

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Beijing motor show 2014 - three cars you probably can't afford

SOME OF THE TOP-END cars on the stands at the 2014 Beijing motor show are eye-wateringly expensive. Rolls-Royce, Bugatti and Brabus each offer something for the richest of the rich.

In China, the rich have never been richer, and car makers have been responding to a growing love of luxury goods and the last word in exclusivity.

Some of the top-end cars sold on the stands of the Beijing motor show are eye-wateringly expensive. For most of us, these photos may be as close as we ever get to them.

Rolls-Royce Pinnacle Travel Phantom

Anyone who watched the recent television documentary Inside Rolls-Royce will know all about both the company's exacting standards and its customers' appetite for not just owning very special cars, but also unique ones.

Here in Beijing, then, we have a one-off Rolls-Royce Phantom that has been designed to celebrate the Chinese population's love of travel. It takes styling inspiration chiefly from the golden era of cross-continental train travel.

Highlights include the red-and-sand-coloured two-tone exterior and the striking red leather interior, complete with grey stitching.

Rolls-Royce says the interior wood design is the most complex and intricate it has ever produced. To create it, 230 pieces of wood veneer were laser cut, and the pieces then assembled by hand to create the motif of a train with plumes of steam in its wake.

Rolls-Royce will not disclose a price for the Rolls-Royce Pinnacle Travel Phantom, but its reported to be well in excess of £1 million.

Bugatti Veyron Legend Edition Black Bess

This one-off Bugatti Veyron model has taken its inspiration from one of the firm's most famous pre-war cars, the Type 18, and one of that car's original owners, French pilot Roland Garros, who chose to name his Type 18 'Black Bess' after a race horse.

This Legend Edition model is based on a Bugatti Veyron Grand Sport Vitesse that is powered by an 8.0-litre W16 engine with 1184bhp and peak pulling power of 1106lb ft. That's enough for 0-62mph in 2.6 seconds and a top speed of 254mph.

Bugatti has not disclosed a price for the Bugatti Veyron Legend Edition Black Bess, as it will vary significantly depending on the import taxes it attracts in the region in which it is sold. However, it is likely to be in excess of £2m.

Brabus G63S

If you're the sort of person who can't have too much of a good thing, the Brabus G63S is the car for you – so long as you have £400,000 to spare, of course.

The car is currently billed as a one-off, although customer demand may change that. The car is based on the standard Mercedes G-Class 6x6, but with the 5.5-litre engine heavily modified to deliver 690bhp and 708lb ft of torque – as much as a Formula One car.

Other modifications that hinge on performance include gold heat reflectors for the air intake, a custom-built exhaust and an all-new ECU for controlling the power. As a result, the four tonne car can cover the 0-62mph sprint in 7.4 seconds.

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Sport

Sailing

Itchenor Sailing Club member wins Bronze at Spanish World Cup

SOPHIE AINSWORTH, Itchenor Sailing Club member, with skipper Charlotte Dobson have won Bronze in the Princess Sofia Trophy last week in the Grade I sailing event in Palma. Their current world rankings put their team in 2nd position in preparation for Rio 2016 Olympics.

Dobson describes the race in more detail: "It was a very different regatta to this time last year, the fleet was a lot tighter and ultimately it came down to tactical decisions rather than who could keep the boat upright and moving in the right direction quickly! Although, we have no doubt that there is plenty more to come, especially for us in the breezier conditions."

The GBR FX girls teamed up in June 2013 to race the 49erFX (Podium Squad) which is the new Olympic women's double-handed skiff class. In a sport which is highly experienced based they have both previously campaigned in other Olympic classes up to 2012.

Ainsworth comments: "We are absolutely delighted with our medal, it is a great confidence boost, we had a disappointing 2013 World Championships and this is proof to ourselves that we are back on track, and our hard work this winter has paid off. Especially as the Brazilian girls who we spent the winter training with in Rio won the event. Ultimately, we are pleased but have a long way to go and Rio 2016 is at the forefront of our mind, we need to keep pushing forward in this new class."

Sophie Ainsworth Itchenor Sailing Club member with skipper Charlotte Dobson (Photo credit Richard Langdon/ British Sailing Team)

As a long-standing member of the sailing club, Sophie learnt to sail at Itchenor in an optimist and was soon on the international circuit. Her youth sailing was spent helming a 420, and in her last year crewing a 29er, when she was 2007 Youth and Ladies' World Champion. Sophie won a silver medal at the Youth World Championships in the 29er, before being selected for the 470 Olympic development squad. "The highlight of my 470 crewing career was winning the European Championships in 2012," explains Sophie. "I was the training partner for London 2012 470W Silver Medallist's Hannah Mills and Saskia Clark before I decided to switch to the 49erFX at the end of 2012."

Sophie's skipper Charlotte was also a junior optimist sailor and moved into the laser radial for youth sailing in which she won bronze at the ISAF youth worlds, two silvers at the class Worlds and was youth European champion twice. She continued down the single handed pathway campaigning towards the Olympics in 2008 and 2012 winning medals at the Europeans, World Cups and making the top 3 in the world rankings twice.

Football

The trophies keep on coming...

Sussex County Youth League Challenge Cup Final
Hassocks Youth 1 Chichester City Youth 2 (After Extra Time)

By Keith Tallent

It was an excellent day for a Cup Final with the sun out and an nicely prepared pitch at East Preston FC, the teams were the West Division Champions Chichester City versus Central Division Champions (almost) Hassocks, so both teams knew this was going to be a tough game between two very good sides.

The game kicked off in front of a big crowd and both teams immediately began probing each other defences with telling passes. However it was Chi that began to ask the majority of questions and bring out the very best in the outstanding Hassocks goal keeper. In return Hassocks looked dangerous from corners with a couple of far post efforts going close. Chi went in at the break wondering what they had to do to get the ball past the outstanding Keeper who had kept the game to 0-0.

The second half drew another blank as both teams then faced extra time with thoughts of lifting the trophy.

The introduction of Jimmy Wild on the left which freed Johan Vandriel to his roaming number 10 role proved to be the key, a break by Wild down the left resulted in a corner which was whipped in by Joe Yates and finished with a glancing header from Joe Gromett for 1-0 and advantage Chi. Chi upped the pressure and another corner this time from the left by Vandriel once again found the head of Gromett who downwards header bounced down and over the Hassocks keeper into the roof of the net, 2-0 Chi and at last some breathing space in what had been a very tense final. The second half of extra time saw both teams continue to battle it out, Hassocks never giving up hope, and they were rewarded with a goal late in the second period of extra time but it was all over and Chi were crowned Sussex County League Challenge Cup Champions to go with their West Division Champions title and also maintained their 100% win record. Their phenomenal season continues this Sunday where they play their last league home game at Oaklands against Wick and Barnham and they will be presented with the West Division Trophy for the fourth season in a row.

Chi Team: McApline, Boulton (Shrives), Lillywhite, Lynch, Gilbert, Vandriel, Tallent, Yates, Chittock, Mulenga (Wild), Gromett (Osman).

Man of the Match: Joe Gromett (voted for by Sussex County League representatives).

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	37	93
2	EAST GRINSTEAD TOWN	37	76
3	LITTLEHAMPTON TOWN	37	74
4	HORSHAM YMCA	36	78
5	CROWBOROUGH ATHLETIC	37	78
6	HASSOCKS	35	57
7	DORKING WANDERERS	36	55
8	PAGHAM	36	54
9	RINGMER	36	52
10	CHICHESTER CITY	37	51
11	NEWHAVEN	36	49
12	ST FRANCIS RANGERS	37	48
13	ARUNDEL	35	41
14	SHOREHAM	36	41
15	LINGFIELD	36	38
16	HAILSHAM TOWN	36	38
17	LANCING	37	*38
18	SELSEY	37	38
19	RYE UNITED	38	26
20	WORTHING UNITED	36	8

* 6 pts deducted due to ineligible player

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	30	71
2	BROADBRIDGE HEATH	31	68
3	LOXWOOD	31	67
4	LITTLE COMMON	31	58
5	HAYWARDS HEATH TOWN	31	55
6	WICK & BARNHAM UNITED	31	52
7	MILE OAK	31	*50
8	BEXHILL UNITED	31	42
9	WESTFIELD	31	*38
10	OAKWOOD	30	38
11	STEYNING TOWN	30	37
12	AFC UCKFIELD	31	35
13	SALTDEAN UNITED	31	32
14	STOBLINGTON	31	26
15	MIDHURST & EASEBOURNE	31	25
16	RUSTINGTON	31	21
17	SEAFORD TOWN	31	17

* 1pt deducted - ineligible player

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	17	41
2	FERRING	18	38
3	RDFFEY	18	33
4	UCKFIELD TOWN	19	33
5	SIDLESHAM	19	30
6	IFIELD	19	28
7	CLYMPING	19	22
8	HURSTPIERPOINT	16	18
9	SOUTHWICK	19	17
10	ROTTINGDEAN VILLAGE	19	14
11	BILLINGSHURST	19	14

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